

Healthy Measures: What's in the Vending Machine?

It's 3 p.m. and you are hitting your afternoon "low". You go to the lunch room looking for a quick bite at the vending machine. What do you see? Are there healthy snacks or less nutritious options?

Vending machines are a convenient way to grab a quick snack or meal. However, the foods usually available in vending machines, such as chips, chocolate bars and soft drinks have little nutritional value. These choices can impact your health if they are consumed on a regular basis.

Here are some tips to help you to choose healthier snack options at the vending machine:

- Choose water and 100% fruit juice instead of pop
- Choose snacks that are low in salt (containing less than 140 mg of sodium per serving)
- Pick snacks that are low in fat and contain less than 3 grams of fat per serving — look for "no trans fat" on the food package label
- Try snacks such as unsalted nuts and granola bars, these provide some dietary fibre and promote the feeling of fullness
- Limit snacks such as chocolate bars and candies, they contain a lot of sugar and provide you with empty calories and minimal nutrition
- Keep your portion sizes of both food and beverages in check. The bigger the portion size, the more calories; choose beverages that are 355 mL or less

If you are wondering why there aren't healthy snacks in your workplace vending machine, find out who oversees the machines and ask them to include more healthy options. The fact sheet below can help you request healthy vending machine choices at your workplace.

For more information:

[Healthy choices for vending machines](#)

[Health Canada: Nutrition Labelling](#)

If you have questions about nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!